

EFT Booster #8: Perplexed by Pursuers

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Learn How to

- ◆ Build mastery and confidence
- ◆ Sharpens your skills of connecting with Pursuer's desperation and agitation
- ◆ Learn to use intense emotional energy to strengthen your alliance
- ◆ Learn how to process fear blocks
- ◆ Identify and attend to your own reactive feelings

How Pursuers Show Up



Angry Pursuers

- ◆ Need to be joined with in the anger and validated
- ◆ Need the emotional distress to be soothed first
- ◆ Flick away the reflections of the cycle when activated
- ◆ P often say "I am done" "I want a divorce"

Slippery Pursuers

- ◆ Are great at convincing you the partner is the problem
- ◆ Have tears, seem vulnerable and there is hidden critique in what they say to partner or about partner
- ◆ Can talk with a soft voice and the words sting
- ◆ Flip in and out of the painful emotion

Fearful Pursuers

- ◆ Can't trust/ Won't Trust
- ◆ Too much hurt over too many years
- ◆ The hurt colors the world and how they see the world
- ◆ Have their own individual fear block - which keeps them longing for connection and alone

Self Reflection

Be curious about ourselves

- ◆ How does our life experience impact us?
- ◆ What did you learn about anger growing up?
- ◆ Do you see yourself in the pursuer, your partner or parent?
- ◆ How do you typically respond to anger? or criticism? or fear?



Challenges for EFT Therapist

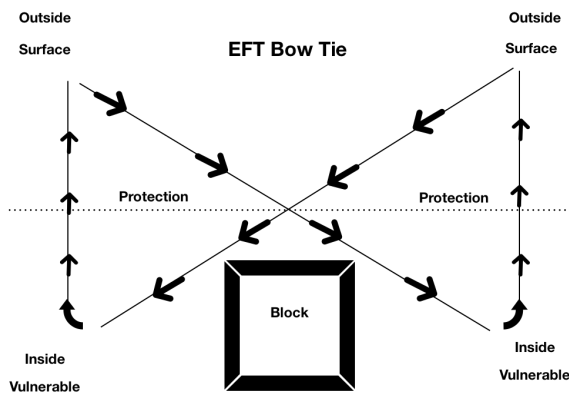
- ◆ Meeting pursuers where they are
- ◆ Matching the intensity of the affect - More often therapists try to contain reactive emotion which can fuel it
- ◆ Managing feelings of incompetency
- ◆ Holding the attachment frame / thread
- ◆ Working with fear blocks/ not bypassing

ANGRY PURSUER

Attacks partner in session
or therapist

Therapist

????? Fill in the blank



EFT Bow Tie

Created by Debi Scimeca-Diaz

Invisible/ Alone
Longing to matter
Unloveable

????? Fill in the blank

What you don't see

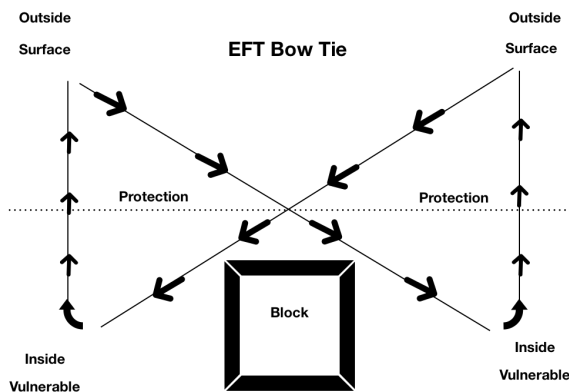


PURSUER

NOW THEY show the fear
and pain on the outside

Therapist

????? Fill in the blank



EFT Bow Tie

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Invisible/ alone
Unloveable

????? Fill in the blank

Case 1

- ◆ Carmela and Rich
- ◆ High reactivity and Trauma
- ◆ Goals of therapist: to hang in there, to lean in to try to connect with the anger and pain

Case 2

- ◆ Bob and Deanna
 - ◆ dominant and reactive
 - ◆ Therapist caught off guard - goal for therapist to get grounded and to make sense out of what is happening. And bring it back to the cycle
 - ◆ New Awareness: Cycle around therapy and progress

Case 3

- ◆ Kayla and Danny
- ◆ Couple is de-escalated and have had several sessions around WRE
 - ◆ Therapist goal to work with the fear Block to slowly chip away at it and help couple move into Pursuer softening bonding event

Key Points

- ◆ Hold attachment frame - especially when you are frustrated
- ◆ Remember pursuers feel vulnerable all the time and don't want to have to ask for emotional comfort
- ◆ Meet Pursuer emotionally first and give Pursuers the message "I see you" "you matter to me"
- ◆ Be patient and don't try to push
- ◆ Hold the hope in the darkness and pain
- ◆ Trust the longing and that P are fighting for closeness to soothe the pain